

2008-2009  
4th Grade Workbook



Harvest  
of  the  
Month  
Network for a Healthy California



Name: \_\_\_\_\_

# A Close Look at MyPyramid

For Kids

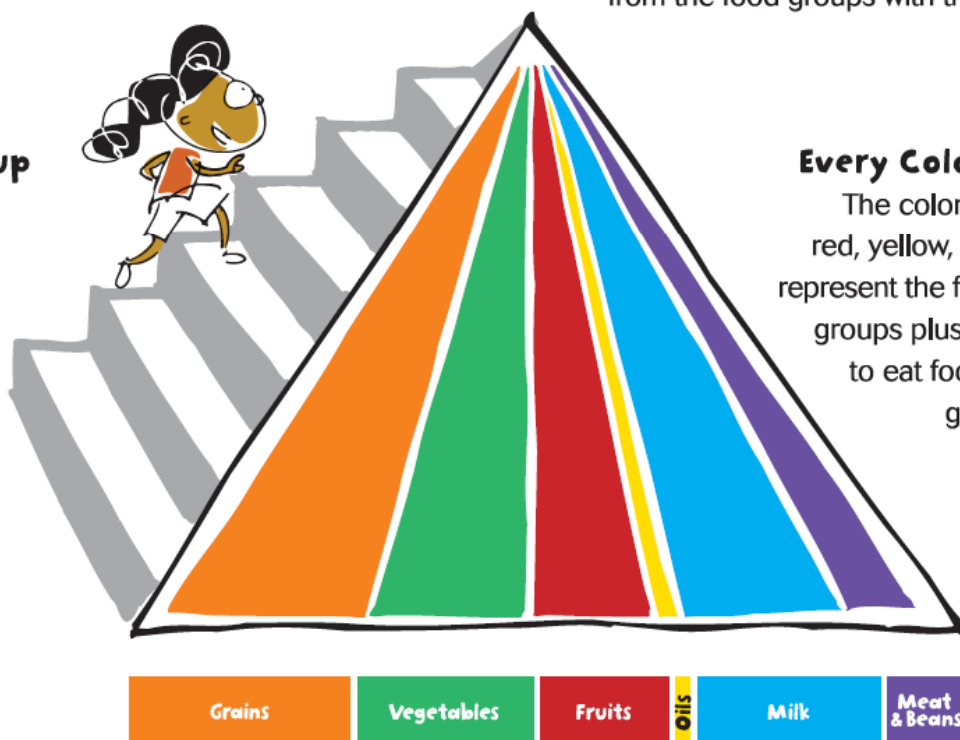
*MyPyramid for Kids* reminds you to be physically active every day, or most days, and to make healthy food choices. Every part of the new symbol has a message for you. Can you figure it out?

## Be Physically Active Every Day

The person climbing the stairs reminds you to do something active every day, like running, walking the dog, playing, swimming, biking, or climbing lots of stairs.

## Choose Healthier Foods From Each Group

Why are the colored stripes wider at the bottom of the pyramid? Every food group has foods that you should eat more often than others; these foods are at the bottom of the pyramid.



## Eat More From Some Food Groups Than Others

Did you notice that some of the color stripes are wider than others? The different sizes remind you to choose more foods from the food groups with the widest stripes.

## Every Color Every Day

The colors orange, green, red, yellow, blue, and purple represent the five different food groups plus oils. Remember to eat foods from all food groups every day.

## Make Choices That Are Right for You

*MyPyramid.gov* is a Web site that will give everyone in the family personal ideas on how to eat better and exercise more.

## Take One Step at a Time

You do not need to change overnight what you eat and how you exercise. Just start with one new, good thing, and add a new one every day.



For information on obesity prevention or food stamps, call 1-888-328-3483. This material was funded by the USDA's Food Stamp Program, an equal opportunity provider and employer.

# Introduction



Harvest of the Month is a program that your class will participate in this year. Through this program, you will try fruits and vegetables that you may have never tasted before. All of these fruits and vegetables are grown in California and will be in season, which is when they are more affordable and most fresh.

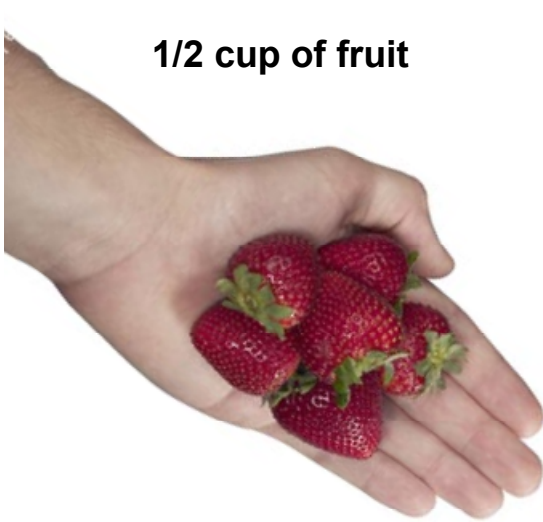
Fruits and vegetables are full of vitamins and minerals that your growing body needs. Look on the left page to find where fruits and vegetables are part of MyPyramid.



For information on obesity prevention or food stamps, call 1-888-328-3483. This material was funded by the USDA's Food Stamp Program, an equal opportunity provider and employer.

**You do not need to carry measuring cups with you to eat your recommended amount of fruits and vegetables. The key to a healthy life is in your hands!**

**1/2 cup of fruit**



**1/2 cup of vegetables**



**1 cup of fruit**

**1 cup of raw leafy greens**



**1/2 cup of vegetables**



**1/4 cup of dried fruit**



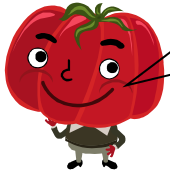
**1/2 cup of vegetables**



Fruit or Vegetable	I liked it	I am not sure if I liked it	I did not like it	I will try this again	Why it is good for me
<b>Tomato</b> 					
<b>Winter Squash</b> 					
<b>Persimmon</b> 					
<b>Dried Fruit</b> 					
<b>Mandarin</b> 					
<b>Cabbage</b> 					
<b>Peas</b> 					
<b>Asparagus</b> 					
<b>Avocado</b> 					
<b>Peach</b> 					



# September Tomatoes



**Did you  
know?**

- Tomatoes are a high source of vitamins A and C.
- Tomatoes contain lycopene (*LY-koh-peen*).
- Lycopene is a powerful antioxidant that decreases the risk of certain cancers and heart disease.
- Antioxidants help prevent damage to cells and they keep the immune system healthy.

**What I learned about tomatoes:** \_\_\_\_\_

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**My Goal!**  
I will eat \_\_\_\_ cups  
of tomatoes this  
week.

**List 3 ways you can eat tomatoes:**

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_



## Tomato Nutrition Facts

**Serving Size:** \_\_\_\_\_

\_\_\_\_\_ calories                      \_\_\_\_\_ grams (g) total fat  
 \_\_\_\_\_ milligrams (mg) sodium  
 \_\_\_\_\_ g carbohydrate                      \_\_\_\_\_ g dietary fiber  
 \_\_\_\_\_ g sugar                      \_\_\_\_\_ g protein  
 \_\_\_\_\_ % calcium                      \_\_\_\_\_ % vitamin A  
 \_\_\_\_\_ % vitamin C                      \_\_\_\_\_ % iron

## **Nutrition Facts**

Serving Size: 1 cup, chopped, red tomato (180g)

Calories 32

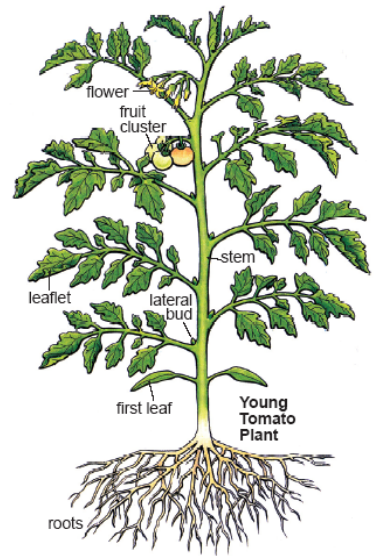
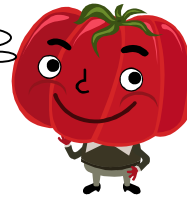
Calories from Fat 3

	% Daily Value
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 9mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	9%
Sugars 5g	
Protein 2g	
Vitamin A 30%	Vitamin C 38%
Calcium 2%	Iron 3%

Source: [www.nutritiondata.com](http://www.nutritiondata.com)

Reading Comprehension 2.0  
 Statistics, Data Analysis, and Probability 1.0  
 Essential Concepts 4.1.N.1, Goal Setting: 4.3.N.13

How do I grow?  
Let's take a look!



## **Making a Plan**

Using the chart below, find out how many cups of fruits and vegetables you should eat every day.

<b>Boys</b>			
	<b>Age 9</b>	<b>Age 10</b>	<b>Age 11</b>
<b>Fruits</b>	1 1/2 cups	1 1/2 cups	2 cups
<b>Vegetables</b>	2 1/2 cups	2 1/2 cups	2 1/2 cups
<b>Girls</b>			
	<b>Age 9</b>	<b>Age 10</b>	<b>Age 11</b>
<b>Fruits</b>	1 1/2 cups	1 1/2 cups	1 1/2 cups
<b>Vegetables</b>	2 cups	2 1/2 cups	2 1/2 cups

**Please note:** The recommended cups of fruits and vegetables listed on this chart are based on moderately active individuals (30-60 minutes of physical activity per day) from MyPyramid.gov.

**Make a plan for how you will include fruits and vegetables in every meal.**

For breakfast, I will eat \_\_\_\_\_

\_\_\_\_\_

For lunch, I will choose \_\_\_\_\_

\_\_\_\_\_

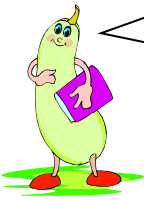
For dinner, I will at \_\_\_\_\_

\_\_\_\_\_

**My  
Goals!**

I am currently eating \_\_\_\_\_ cups of fruit and \_\_\_\_\_ cups of vegetables. I will need to eat \_\_\_\_\_ cups of fruit and \_\_\_\_\_ cups of vegetables to reach my goal.

# October Winter Squash



**Did you  
know?**

- Winter squash are a high source of vitamins A, C, and fiber.
- Vitamin A is important to maintain healthy vision.
- Fiber are parts of plant foods that your body can't digest.
- Fiber has many benefits, including keeping your digestive tract healthy.

**What I learned about winter squash:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**My Goal!**

I will eat \_\_\_\_\_ cups  
of yellow vegetables  
or squash this week.

**List 3 adjectives that describe winter squash:**

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

Acorn Squash



Spaghetti Squash



Turban Squash



Carnival Squash



- 1) How many grams of fiber are in 1 cup of cooked winter squash? \_\_\_\_\_
- 2) What is the percent of the Daily Value for vitamin A? \_\_\_\_\_
- 3) What is the percent of the Daily Value for vitamin C? \_\_\_\_\_
- 4) Does winter squash have protein? \_\_\_\_\_
- 5) How many grams of protein does 1 cup of cooked winter squash have? \_\_\_\_\_

## Nutrition Facts

Serving Size: 1 cup, cooked, cubes (205g)

Calories 76

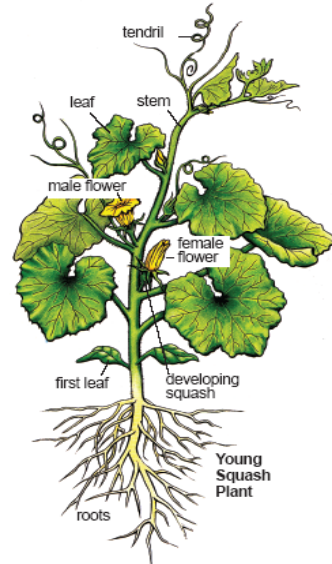
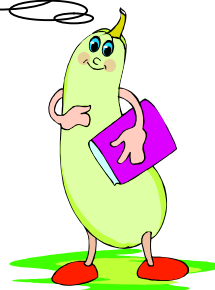
Calories from Fat 6

	% Daily Value
Total Fat 1g	1%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 18g	6%
Dietary Fiber 6g	23%
Sugars 7g	
Protein 2g	
Vitamin A 214% Vitamin C 33% Calcium 5% Iron 5%	

Source: [www.nutritiondata.com](http://www.nutritiondata.com)



How do I grow?  
Let's take a look!



## How to Read the Nutrition Facts Label

1 Pay attention to the serving size, especially how many servings there are in the food package. Then ask yourself, "How many servings am I eating?"

What is the serving size for the macaroni & cheese? \_\_\_\_\_

2 Calories provide a measure of how much energy you get from a serving of food.

How many calories are in the whole container? \_\_\_\_\_

3 Eating too much fat, saturated fat, *trans* fat, cholesterol, or sodium may increase your risk of certain chronic diseases, like heart disease, some cancers, or high blood pressure.

4 Eating enough of these nutrients can improve your health and help reduce the risk of some diseases and conditions.

5 The percent (%) Daily Value on a food label tells you how this food can help meet daily goals. Look at the label to the right for macaroni and cheese. You can see that 1 cup of macaroni & cheese provides 4 percent of vitamin A. So that means you would have to eat other foods to get 100% of the vitamin A needed each day.

Sample label for  
Macaroni & Cheese

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories</b> 250	Calories from Fat 110
	% Daily Value*
<b>Total Fat</b> 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
<b>Cholesterol</b> 30mg	10%
<b>Sodium</b> 470mg	20%
<b>Total Carbohydrate</b> 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

The % **Daily Value** shows whether that food is high or low in a certain nutrient:

**5% or less = Low Source**

**10-19% = Good Source**

**20% or more = High Source**

Source: <http://www.cfsan.fda.gov/~dms/foodlab.html>

1) The percent Daily Value for calcium is 20%, is that a low, good, or high source? \_\_\_\_\_

2) Identify two parts of the food label that can help you make a healthy choice

1) \_\_\_\_\_ 2) \_\_\_\_\_

# November Persimmons



**Did you  
know?**

- There are 2 different forms of fiber: soluble and insoluble.
- Persimmons are a high source of fiber, mostly in the form of soluble fiber.
- Soluble fiber has been shown to protect against heart disease.

**What I learned about persimmons:** \_\_\_\_\_

**List 3 other orange or red colored fruits:**

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

**My Goal!**

I will eat \_\_\_\_\_ cups of  
persimmons or  
another orange fruit  
this week.



Hachiya



Fuyu



- 1) How many grams of fiber are in 1 medium persimmon? \_\_\_\_\_
- 2) What is the percent of your Daily Value for vitamin A? \_\_\_\_\_
- 3) What is the percent of your Daily Value for vitamin C? \_\_\_\_\_
- 4) Are persimmons high in vitamin A, C, and fiber? \_\_\_\_\_
- 5) Why is it important to eat fiber containing foods?  
(Hint: look back at October). \_\_\_\_\_

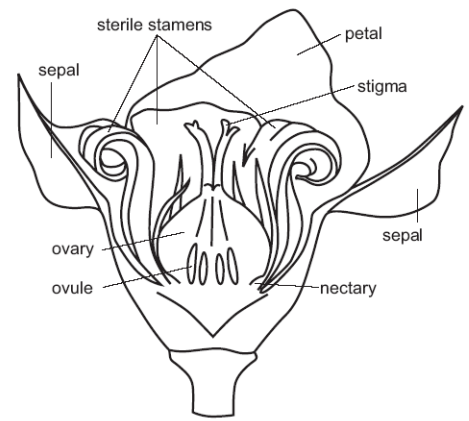
## Nutrition Facts

Serving Size: 1 medium persimmon (168g)	
Calories 118	Calories from Fat 3
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 31g	10%
Dietary Fiber 6g	24%
Sugars 21g	
Protein 1g	
Vitamin A 55% Vitamin C 21% Calcium 1% Iron 1%	

Source: [www.nutritiondata.com](http://www.nutritiondata.com)



**Persimmons grow on a tree!  
Color the persimmon flower!**



# Setting Healthy Goals

When we want to make a positive change in our lives, it helps to set goals. You can set goals to be more physically active or eat better (by eating more fruits and vegetables, drinking more non-fat milk, and choosing more whole grains).

## Steps to Setting a Goal:

- 1) Define your goal.
- 2) Write down the small steps you will take to achieve your goal.
- 3) Set a deadline.

1) My goal is to \_\_\_\_\_

2) To achieve this goal, I need to take the following steps:

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

3) I will achieve my goal by \_\_\_\_\_

# December Dried Fruit



**Did you  
know?**

- Dried fruit contains potassium.
- The body needs potassium to maintain muscle contractions and a healthy nervous system.
- California is the world's leader in dried plums, producing about 65 percent of the world's supply.

**What I learned about dried fruits:** \_\_\_\_\_

**My Goal!**  
I will eat \_\_\_\_ cups  
of dried fruit this  
week.

**List 3 examples of dried fruit:**

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

Raisins



Date



Dried Plum



Dried Fig



Dried plums (prunes), raisins, and dried apricots are dried fruit that contain some iron. Iron is important to make hemoglobin [hē-mə-glō-bən], a substance in red blood cells that carries oxygen to the rest of your body. Iron is a mineral that can be found in soil, air, water, and in the plants and animals we use for food.

1) How much iron is found in 1/4 cup of raisins?  
\_\_\_\_\_ %.

2) Iron is an important \_\_\_\_\_ for your body.

Your body needs iron to make \_\_\_\_\_.

## Nutrition Facts

Serving Size: 1/4 cup raisins (40g)

Calories 130

Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 31g	10%
Dietary Fiber 2g	8%
Sugars 29g	
Protein 1g	
Vitamin A <2% Vitamin C <2% Calcium 2% Iron 6%	

Source: [www.calraisins.org](http://www.calraisins.org)

Reading Comprehension 2.0

Statistics, Data Analysis, and Probability 1.0

Essential Concepts: 4.1.N.1,

Accessing Valid Information 4.3.N.13, Goal Setting 4.6.N.17

How are  
raisins  
made?

Bunches of grapes are hand-picked by field  
workers. They are placed on trays and  
allowed to dry for two to four weeks.

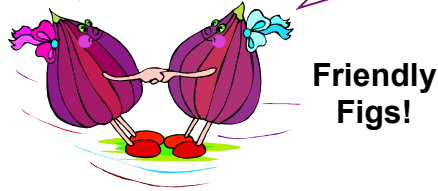


Photo source: ebfarm.com

- |                |        |                       |
|----------------|--------|-----------------------|
| A. Cranberries | —————> | Dried Cranberries     |
| B. Grapes      | —————> | Raisins               |
| C. Plums       | —————> | Dried Plums or Prunes |

A	B	C
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**Directions:** Underline the action verb in each sentence below.

1. My teacher cut dried plums for our class to taste.
2. I chopped the vegetables.
3. I mixed the salad with a big spoon.
4. People should wash fresh fruits and vegetables before they eat them.
5. I eat a nutritious breakfast every morning to start the day.

**Directions:** Make a list of action verbs in the box below. Then, write a sentence using one of your action verbs to describe one healthy action you will do this week.

My action verbs

Examples:

Mix

Blended

Cut


My healthy action sentence




# January Mandarins



**Did you  
know?**

- Mandarins are a high source of vitamin C.
- Mandarins are also a good source of vitamin A.
- Satsumas, Clementines, and Minneola tangelos are the State's top three mandarin varieties.

**What I learned about mandarins:** \_\_\_\_\_

\_\_\_\_\_

**My Goal!**  
I will eat \_\_\_\_\_  
mandarins or  
oranges this  
week.

**List 3 ways you can include mandarins in your meals:**

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_



**Vitamin C is an antioxidant [an-tē-āk-sə-dənt].**

**Antioxidants:**

- Help prevent damage to cells
- Can promote healthy vision
- Keep the immune system healthy
- Help your heart stay healthy and help prevent cancer

- 1) What is the percent Daily Value of vitamin C found in 1 medium mandarin? \_\_\_\_\_
- 2) Flip back to October's worksheet on winter squash. What is the percent Daily Value of vitamin C found in 1 cup of winter squash? \_\_\_\_%. Which food has a higher percentage Daily Value of vitamin C per serving?  
\_\_\_\_\_
- 3) I will try to eat more fruits and vegetables because they contain antioxidants. Antioxidants help my body because  
\_\_\_\_\_  
\_\_\_\_\_

## Nutrition Facts

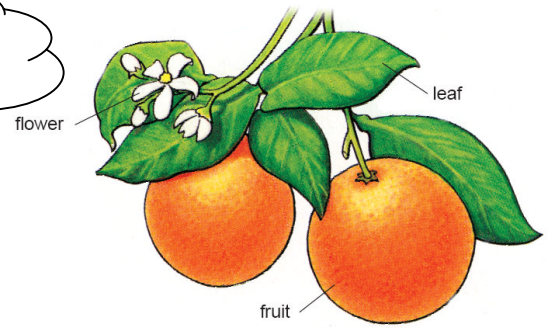
Serving Size: 1 medium mandarin (88g)

Calories 47

Calories from Fat 2

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	6%
Sugars 9g	
Protein 1g	
Vitamin A 12% Vitamin C 39% Calcium 3% Iron 1%	

Source: [www.nutritiondata.com](http://www.nutritiondata.com)



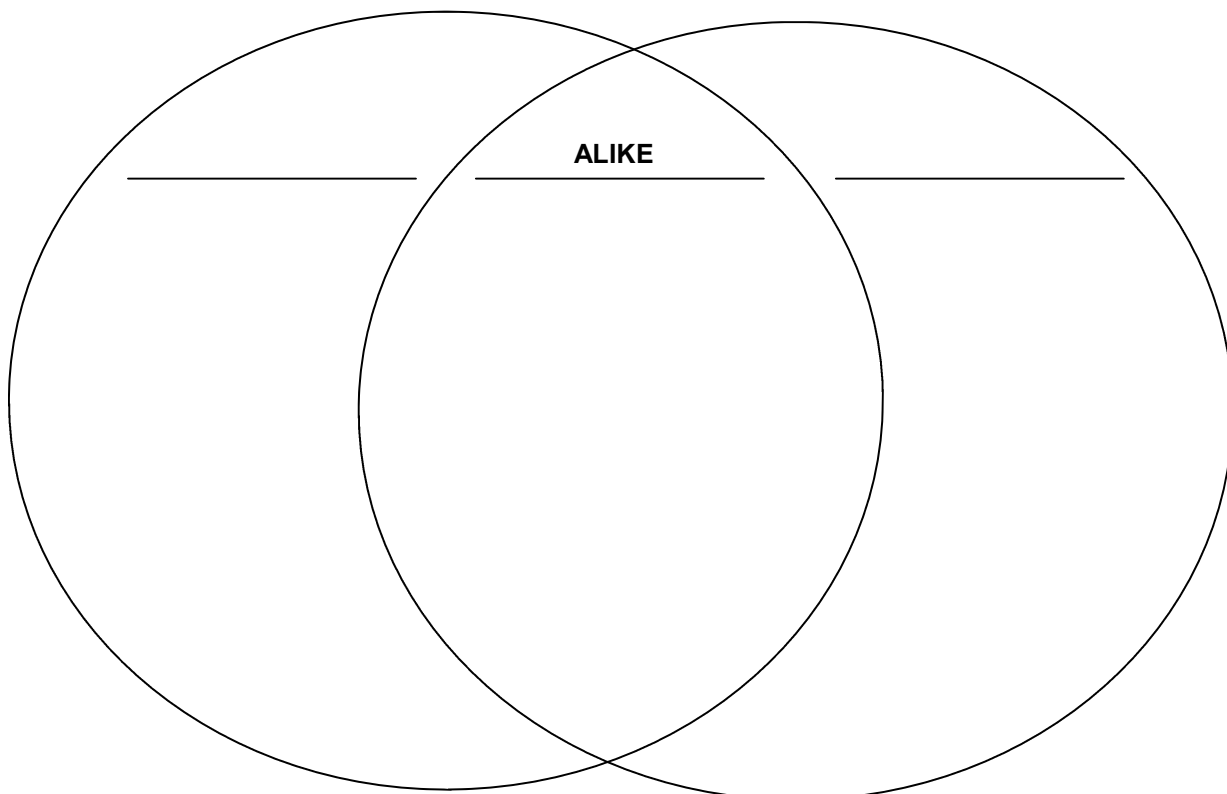
## Compare and Contrast

### Learn to use a Venn Diagram

To **compare** means to tell how things, events, or characters are **alike** in some ways.

To **contrast** means to tell how things, events, or characters are **different**.

**Directions:** Think about a fruit you tasted in the classroom (or in the past) and compare it to a mandarin. List how they are alike and different to complete the Venn diagram below.



# February Cabbage



**Did  
you  
know?**

- Cabbage is a high source of vitamin C and K.
- Vitamin K helps to make proteins that cause your blood to clot. When you have a cut, vitamin K helps stop the bleeding.
- Opening of trade with Asia in the late 19th century brought Chinese cabbage to California.

**What I learned about cabbage:** \_\_\_\_\_

**My Goal!**

I will eat \_\_\_\_\_ cups  
of cabbage or other  
green vegetables  
this week.

**List 3 ways you can eat cabbage:**

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

Red (Purple) Cabbage



Savoy Cabbage



Chinese Cabbage



Green Cabbage



**Cabbage is a high source of vitamin C. Vitamin C:**

- Helps keep your gums healthy
  - Helps heal cuts and wounds
  - Helps fight germs
- 1) Refer to last month's worksheet on mandarins. Vitamin C is an example of an \_\_\_\_\_.
- 2) What is the percent Daily Value of vitamin C found in 1 cup of shredded, raw savoy cabbage? \_\_\_\_\_% Is this percent Daily Value low, good, or high? \_\_\_\_\_
- 3) My body would benefit from eating more fruits and vegetables that contain vitamin C because \_\_\_\_\_

## Nutrition Facts

Serving Size: 1 cup raw savoy cabbage, shredded (70g)

Calories 19

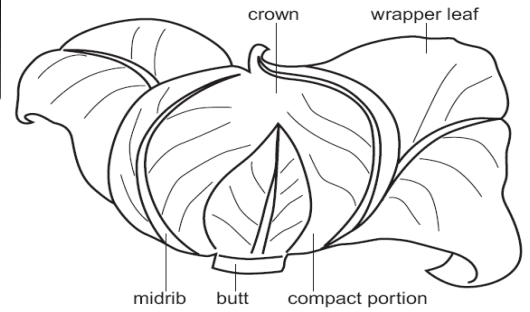
Calories from Fat 1

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	9%
Sugars 2g	
Protein 1g	
Vitamin A 14%	Vitamin C 36%
Calcium 2%	Iron 2%

Source: [www.nutritiondata.com](http://www.nutritiondata.com)

Reading Comprehension 2.0  
Statistics, Data Analysis, and Probability 1.0  
Essential Concepts: 4.1.N.1,  
Accessing Valid Information 4.3.N.13, Goal Setting 4.6.N.17

Cabbage grow above the ground. Color in the different parts of a cabbage!



# Eat a Rainbow!

Have you ever heard your teacher tell you that it is important to eat a rainbow? That's because fruits and vegetables come in a rainbow of colors and they all contain different nutrients that help your body grow. Make sure you eat a rainbow of colorful fruits and vegetables every day!



Write a paragraph explaining why it is important to eat a variety of colored fruits and vegetables and how you will eat more of them everyday.

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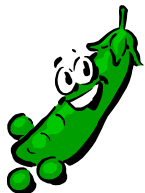
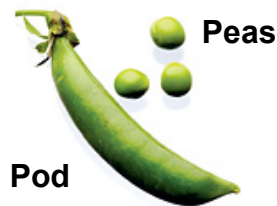
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# March Peas



**Did you  
know?**

- Cooked green peas are a high source of vitamin A.
- A half-cup of cooked green peas have 4 grams of protein.
- Edible-pod peas are a good source of fiber.

**What I learned about peas:** \_\_\_\_\_

\_\_\_\_\_

**List 3 ways you can include peas in your meals:**

**My Goal!**  
I will eat \_\_\_\_\_  
cups of peas  
this week.

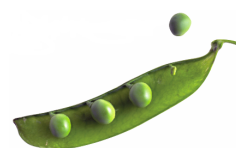
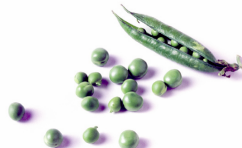
1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_



Snow Peas



**Peas are a high source of vitamin A. Vitamin A helps your eyes see better in low light and helps protect your skin and body tissues from infection.**

1) Name two other fruits or vegetables that you have tasted this year which are a high source of vitamin A.

\_\_\_\_\_

2) Why do you think it is important to eat fruits and vegetables everyday? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Nutrition Facts

Serving Size: 1/2 cup green peas, cooked (80g)

Calories 62

Calories from Fat 2

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 58mg	2%
Total Carbohydrate 11g	4%
Dietary Fiber 4g	18%
Sugars 4g	
Protein 4g	
Vitamin A 34%	Vitamin C 13%
Calcium 2%	Iron 7%

Source: [www.nutritiondata.com](http://www.nutritiondata.com)



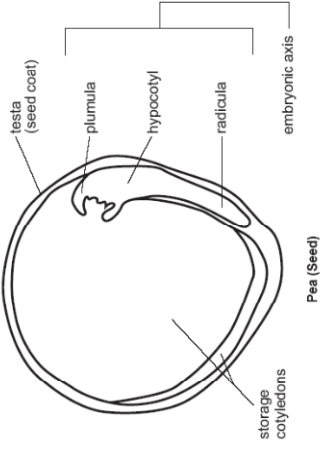


I grow on a vine or on a bush. Color in the pea!

Pea



Pod



## Use MyPyramid to make **HEALTHY** food choices!

**Directions:** Color in each section of the MyPyramid and then list foods that belong in each group.

### Grains

Make half your grains whole

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### Vegetables

Vary your veggies

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### Fruits

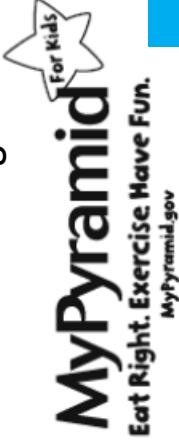
Focus on fruits

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### Milk

Get your calcium-rich foods

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### Meat & Beans

Go lean with protein

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### Oils

Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.

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# April Asparagus



**Did you  
know?**

- Asparagus is a high source of vitamin K and folate.
- Asparagus is a good source of vitamin A and vitamin C.
- In proper conditions, asparagus can grow as much as one inch per hour—up to 12 inches in one day.

**What I learned about asparagus:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**My Goal!**

I will eat \_\_\_\_ cups of  
asparagus or other  
green vegetables  
this week.

**List 3 ways you can cook asparagus:**

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_



**Asparagus is a high source of folate. Sometimes folate is called folic acid. Folate is one of the several types of B vitamins. Each type of B vitamin has a special role in the body. Folate helps:**

- **Make new body cells**
- **Form hemoglobin (remember December's lesson?)**
- **Protect against heart disease**

**Citrus fruits, dried beans, spinach, broccoli, and avocados are good sources of folate.**

1) Explain why eating asparagus can help your body. \_\_\_\_\_

\_\_\_\_\_

## Nutrition Facts

Serving Size: ½ cup asparagus, cooked (90g)  
Calories 20 or about 5 spears **Calories from Fat 2**

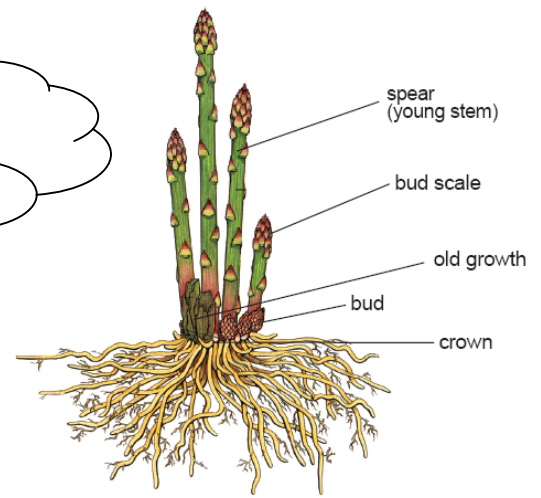
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 13mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Sugars 1g	
Protein 2g	
Vitamin A 18%	Vitamin C 12%
Calcium 2%	Iron 5%

Source: [www.nutritiondata.com](http://www.nutritiondata.com)

Reading Comprehension 2.0  
Statistics, Data Analysis, and Probability 1.0  
Essential Concepts: 4.1.N.1,  
Accessing Valid Information 4.3.N.13, Goal Setting 4.6.N.17



How do I grow?  
Let's take a look!



**Directions:** Using descriptive words, create a poem about asparagus to share with your class.

**Example:**

Apples

Apples are red, round and sweet  
So delicious to eat  
They are firm, solid and bright  
Just an absolute delight!

**Brainstorm:** List some descriptive words that can be used in your poem.

**Nutritious**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Fill in the blanks to create your poem.**

\_\_\_\_\_

\_\_\_\_\_ is \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_

So \_\_\_\_\_ to \_\_\_\_\_

They are \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_

Just a(n) \_\_\_\_\_ !

# May Avocados



Did  
you  
know?

- Avocados are a source of antioxidants, including vitamin E.
- Avocados are a source of many minerals including potassium, iron, magnesium, and manganese.
- Native to the tropics of Central America, the avocado tree originated in southern Mexico and Columbia around 5,000 B.C.E.

What I learned about avocados: \_\_\_\_\_

\_\_\_\_\_

I will eat \_\_\_\_  
cups of avocados  
or other green  
fruit this week.

List 3 ways you can add avocados to your meals:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_



**Most of the fat in avocados is considered "healthy". "Healthy" fats are unsaturated fats and they can help your heart. However, not all fats are created equal! The less healthier fats are saturated fat and trans fat. You should eat less of these fats. A food label tells you how much total fat (healthy and unhealthy) there is. To find out how much of this total fat is "healthy" sometimes you need to do some math.**

- 1) If you know the amount of total fat, saturated fat, and trans fat, can you calculate the amount of unsaturated fat?  
(Look at the grams (g), not the percent Daily Value)

Total Fat (g) \_\_\_\_\_  
Saturated Fat (g) \_\_\_\_\_ (subtract)  
Trans Fat (g) \_\_\_\_\_ (subtract)  
= \_\_\_\_\_ Unsaturated Fat (g)

- 2) List 2 reasons why avocados can keep your body healthy.

## Nutrition Facts

Serving Size: 1/4 cup avocado, sliced (30g)

Calories 50

Calories from Fat 39

	% Daily Value
Total Fat 5g	7%
Saturated Fat 1g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 1g	
Vitamin A 1%	Vitamin C 4%
Calcium 0%	Iron 1%

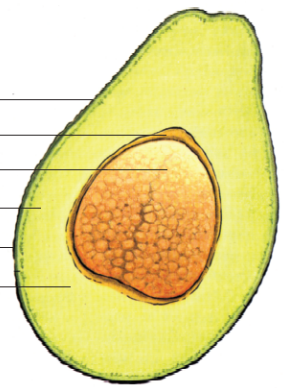
Source: [www.nutritiondata.com](http://www.nutritiondata.com)

Reading Comprehension 2.0  
Statistics, Data Analysis, and Probability 1.0  
Essential Concepts: 4.1.N.1,  
Accessing Valid Information 4.3.N.13, Goal Setting 4.6.N.17

Avocados grow on a tree. Take a look inside!

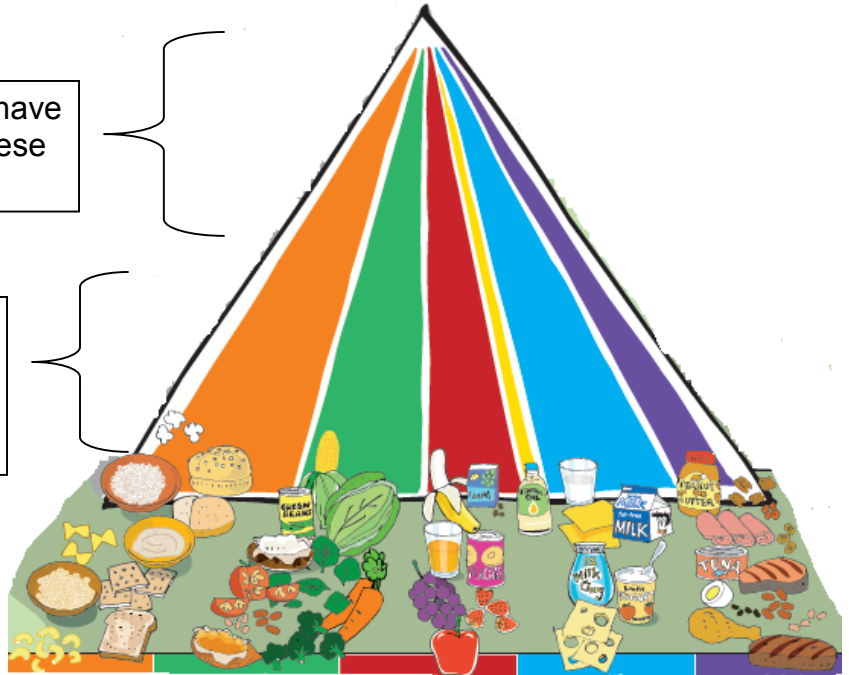


exocarp  
endocarp  
seed  
pulp  
skin  
mesocarp



Foods at the top of the pyramid generally have more added sugars, fat, and sodium. These foods should be eaten less often.

Whole foods containing less added sugar, fat, and sodium belong at the bottom. These foods are generally a healthier choice than processed foods.



The top of the MyPyramid is more narrow than the bottom. This helps determine which foods are more **nutritious** for you. For example, low-fat milk would be placed at the bottom of the MILK group and ice cream would be placed at the top.

**Directions:** Practice determining which foods belong at the bottom or top of the MyPyramid.

	<u>Processed with added fat &amp; sugar</u>	<u>Whole food with little or no added fat &amp; sugar</u>
Apple Candy	_____	_____
Ice Cream	_____	_____
Avocado	_____	_____
Buttered/Salted Popcorn	_____	_____
French Fries	_____	_____
Baked Potato	_____	_____
Fried Fish	_____	_____
Whole Wheat Bread	_____	_____
Non-fat Milk	_____	_____
Baked Chicken	_____	_____
Apple	_____	_____



# June Peaches



**Did you  
know?**

- Peaches are a good source of vitamin C.
- Peaches are a source of potassium.
- The peach comes from a fruit-bearing tree of the rose family and is native to China.

**What I learned about peaches:** \_\_\_\_\_

\_\_\_\_\_

**My Goal!**  
I will eat \_\_\_\_\_  
cups of peaches  
or orange/yellow  
fruits this week.

**List 3 ways you can add peaches to your meals:**

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_



1) Peaches are a good source of \_\_\_\_\_  
and \_\_\_\_\_.

2) Vitamin \_\_\_\_\_, is also known as  
an \_\_\_\_\_. This can help  
promote \_\_\_\_\_ health, and keep the  
\_\_\_\_\_ system healthy.  
(Hint: look at the mandarin worksheet)

3) List 6 fruits or vegetables that are a good or high  
source of vitamin C from this workbook.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Nutrition Facts

Serving Size: 1 medium peach (150g)

Calories 59

Calories from Fat 3

	% Daily Value
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	9%
Sugars 13g	
Protein 1g	
Vitamin A 10% Vitamin C 17% Calcium 1% Iron 2%	

Source: [www.nutritiondata.com](http://www.nutritiondata.com)

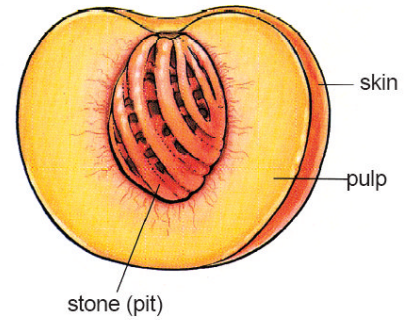
Reading Comprehension 2.0

Statistics, Data Analysis, and Probability 1.0

Essential Concepts: 4.1.N.1,

Accessing Valid Information 4.3.N.13, Goal Setting 4.6.N.17

**Peaches grow on a tree.  
Take a look inside a peach!**



**Create your own fruit salad using all five colors of fruits.**



**Directions: Below, list the fruits you want to add to make a colorful and nutritious salad.**

Red \_\_\_\_\_

Green \_\_\_\_\_

Yellow/Orange \_\_\_\_\_

Blue/Purple \_\_\_\_\_

White/Brown \_\_\_\_\_

**Why is it important to eat a variety of colored fruits?** \_\_\_\_\_

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# Seasonal Guide to Fruits and Vegetables

*It is easy to stay healthy and save money when you buy fruits and vegetables that are in peak season.  
Keep it safe! You should always rinse your fruits and vegetables before you eat them.*

Spring	Summer	Fall	Winter	Year-Round
apricots artichokes asparagus avocados bell peppers collard greens grapefruit green peas guavas mangos oranges papayas rhubarb strawberries swiss chard	apricots avocados bell peppers cantaloupe cherries corn grapes green beans green peas honeydew mangos nectarines okra	acorn squash brussels sprouts butternut squash chayote squash cherimoya grapes green beans honeydew kiwifruit okra pears persimmons pomegranates pumpkins sweet potatoes swiss chard tangerines tomatoes turnips	avocados brussels sprouts chayote squash cherimoya collard greens grapefruit guavas kiwifruit mustard greens oranges pears tangerines turnips	apples bananas beets bok choy broccoli cabbage cactus leaves canned fruits and vegetables carrots cauliflower celery chili peppers cucumbers dried fruit eggplant frozen fruits and vegetables garlic green onion jicama kale leeks lemons lettuce limes mushrooms onions parsnips pineapples potatoes radishes spinach tomatoes 100% fruit juice 100% vegetable juice



For information on obesity prevention or food stamps, call 1-888-328-3483. This material was funded by the USDA's Food Stamp Program, an equal opportunity provider and employer.



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